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Pre - Menstrual Tension Syndrome: A Disease Not Unkown To Mankind

During my second year of Naturopathic Medical School, Robbins & Cotrans " Pathological Basis of Disease" was required reading. It is over 1,600 pages long and weighs over eight pounds. I thought such an immense volume would certainly review every exotic disease a doctor could possibly encounter. I was wrong.

One half of all menstruating American women suffer from Pre-menstrual Syndrome (P.M.S.), yet P.M.S. was not even listed in the "Pathological Basis of Disease." Undoubtedly this is a cultural bias since most doctors are men, and they often believe P.M.S. is untreatable and normal. Many women may also buy into the attitude that P.M.S. is "normal" or "OK" since it is so widespread. "Normal" is not necessarily "healthy". I prefer to take a metabolic approach to treating the underlying causes of this insidious disease, rather than just suppressing symptoms with pain killers. Most women, (and many doctors) are not even aware that there are four P.M.S. subgroups, or that a woman can be afflicted with more than one type.

PMS subgroups:

P.M.S.-A (anxiety) Symptoms: Anxiety, irritability, mood swings, nervous tension.
Mechanism: High estrogen level and low progesterone.

P.M.S.-C (craving) Symptoms: Increased appetite, headache, fatigue, dizziness or fainting, palpitations. Mechanism: Blood sugar imbalance, prostaglandin deficiency possible.

P. M.S. -D (depression) Symptoms: Depression, crying, forgetfulness, confusion, and insomnia. Mechanism: Low estrogen, high progesterone, elevated adrenal function.

P.M.S.-H (hyper hydration) Symptoms: Fluid retention, weight gain, swollen extremities, breast tenderness, abdominal bloating. Mechanism: Excess aldosterone from stress.

In addition to a specific, individual, nutritional, botanical, metabolic program, correcting lifestyle factors are an important part of treating the causes of P.M.S. When comparing P.M.S. patients to healthy women the following nutritional statistics have been noted: P.M.S. patients consume 275% more refined sugar, 79% more dairy products, 78% more salt, 53% less Iron, 77% less manganese and 52% less zinc.

To help avoid P.M.S. women should also decrease animal fats while increasing healthy oils, increase leafy green vegetables (except the Brassica Family-cabbage, brussel sprouts and cauliflower since these may antagonize thyroid hormone production). Use only non estrogen hormone supplemented fowl, and reduce red meat to a minimum to reduce dietary estrogen's.

I also may use selected Bio-Identical Hormone replacement therapies prepared by compounding pharmacies also.